

Risk Assessment: Use of Hammer/Discus Cage at SHAC

Date:	Assessed by:	Location :	Review :
12/06/2018	Rachel Lasseter	Stockport Harriers & AC	October 2018

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Hammer/ discus veering across track from right handed thrower	Any athlete using the back straight for running or possibly long jump pit	<ul style="list-style-type: none"> Restrict use of hammer circle ensuring all athletes use discus circle only, using insert for hammer to comply with IAAF guidance Maintaining appropriate opening of gates for each event to comply with regulation widths and angles Ensure "throws area" signage is clearly displayed Ensure "safety" zone outside the sector lines does not impact on running track Users of cage to conduct regular "walk round" checks before use to look for holes, wear and tear in netting and damage to throwing circle 	M	<ul style="list-style-type: none"> During training times when throwers are using the cage, close off infield to joggers / runners between 1500m and 200m start lines at certain times Replace and reposition current rope to remove risk in front of cage and between back straight and left sector line and make rope more visible Restrict long jump area to stop athletes wandering towards back straight Mark out "safety" zone beyond the left sector line to ensure compliance with IAAF guidance Restrict usage of hammer cage. Only to be used with appropriately qualified coach Individuals MUST NOT use cage on their own. A second person is always required as a "buddy" Athletes throwing hammer over 45m must only do so when the back straight is clear and the long jump pit at 1500m start line is not being used. If necessary both to be closed off after discussion between relevant coaching staff 	L	<ul style="list-style-type: none"> <li style="margin-bottom: 10px;">Rachel Lasseter & Coaches <li style="margin-bottom: 10px;">Mike Frost & Rachel Lasseter <li style="margin-bottom: 10px;">Mike Frost <li style="margin-bottom: 10px;">Rachel Lasseter <li style="margin-bottom: 10px;">Coaches <li style="margin-bottom: 10px;">Coaches <li style="margin-bottom: 10px;">Jo Harding & Andrew Mihranian 	<ul style="list-style-type: none"> <li style="margin-bottom: 10px;">18/06/18 <li style="margin-bottom: 10px;">20/06/18 <li style="margin-bottom: 10px;">20/06/18 <li style="margin-bottom: 10px;">13/06/18 <li style="margin-bottom: 10px;">13/06/18 <li style="margin-bottom: 10px;">13/06/18 <li style="margin-bottom: 10px;">13/06/18 	Done

				<ul style="list-style-type: none"> • During competitions, throwers to be mindful of track users between 1500m and 200m start lines, and if necessary officials to allow throws to be delayed to manage this • Use of med ball on stick and other similar training implements to be restricted if back straight is being used or when gates are closed (ie within the cage only) • Any use of the javelin run up for hammer/discus throw drills to be restricted to standing throws only, not turn and release throws • Coaches to implement a “buddy” system where possible for training sessions, especially throws and jumps • Schedules to be reviewed for competitions where discus/hammer is on • Ballasts/sand bags to be added at the bottom of the cage netting to stop it blowing around, but allowing sufficient “give” should hammer/discus hit the netting 		<p>Competit'n Organisers</p> <p>13/06/18</p> <p>13/06/18</p> <p>18/06/18</p> <p>20/06/18</p> <p>22/06/18</p>	<p>Ongoing</p>	
Hammer / discus being released and going over the top of the netting	Any athlete, coach etc near the cage, or on the 200m start bend	<ul style="list-style-type: none"> • Coaches / buddies to be used to monitor and shout warnings to other track users 	L	<ul style="list-style-type: none"> • Ensure netting remains intact and in position 	L	All coaches & athletes using the cage	Ongoing	

NOTE:
 The cage at SHAC is neither IAAF nor UKA compliant in its current state. It is however, a good cage, sturdy, with gates that provide netting to a good height. Until such time as UKA provide formal instruction (likely to be October 2018) SHAC need to ensure that they make the use of the cage compliant at minimal disruption and cost. There has been little information available from UKA about the incident that gave rise to the new guidance. It is therefore problematic to identify what, if anything, SHAC needs to do. It has been possible to ensure that the SHAC cage is compliant by:

1. Restricting throws to the rear circle only. This makes the distance from the centre of the circle to the mouth of the gate 7 metres and compliant with IAAF cages. It allows the “safety” sector outside of the cage to be compliant and reduces the risk of a wayward/hooked hammer or discus hitting the track
2. To allow the rear circle to be used for hammer, an aluminium insert has been purchased to make the circle the right size for hammer throwers
3. The positioning of the gates for discus and hammer in competition needs to continue to comply with the requirements for each event. The mouth of the cage is wider than the 7m recommended by IAAF (it is 7.40m) however as the gates are opened to the right position for the different throws this anomaly is reduced
4. The “safety” zone outside of the sector line nearest the back straight of the running track is compliant up to a point of a 75 metre throw from a right hander and does not enter the back straight. The distance the full length of the back straight between the left sector line and the start of the track is 11.5 metres. The safety zone outside of the sector line extends to 11 metres for an IAAF cage. At present there is no athlete training at the club who can throw this far. Our furthest throwers are currently reaching just short of the 40 metre line which requires a safety zone outside of the sector line of 5.8 metres. This however, needs to be continually monitored by the two coaches who use the cage for hammer and discus training. At such time as this risk is heightened, further measures may need to be implemented or training restricted to times when the back straight and far long jump pit are never in use
5. The height of the cage gates needs to be determined. IAAF advise 10 metres for the gates. SHAC gates do not appear this high as the IAAF advise, however it is not possible to confirm without putting individuals at risk. The gates appear to about 9 metres and have the added benefit of netting going right to the very top of the cage gates, without any dipping. The netting also is at a similar height all around the cage which is a benefit – often this is not the case. Whilst there is a small possibility of a thrower releasing a hammer/discus skyward the size of the area within the cage means that there is greater risk of the implement coming back down inside the cage. The risk therefore to any other athlete or coach is very low.